

## RESOLUTION NO: 2012-81

### A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF BELL ADOPTING THE HEALTHY EATING ACTIVE LIVING (HEAL) CAMPAIGN

WHEREAS, in 2004, the League of California Cities adopted an Annual Conference resolution to encourage cities to embrace policies that facilitate activities to promote healthier lifestyles and communities, including healthy diet and nutrition and adoption of city design and planning principles that enable citizens of all ages and abilities to undertake exercise; and

WHEREAS, 47.1 percent of Bell children are obese or overweight, compared to 38 percent of children statewide according to the Los Angeles County Department of Public Health (LACDPH), and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and hypertension, and

WHEREAS, obesity shortens the average lifespan by at least four to nine months, and if childhood obesity continues to increase, it could reduce life expectancy by five years over the next several decades; and

WHEREAS, overweight, obesity, and physical inactivity take a tremendous toll on the health and productivity of all Californians – exceeding \$41 billion annually; and

WHEREAS, the United States Surgeon General has issued a call to action to prevent and decrease overweight and obesity, and the United States Department of Health and Human Services has made reducing the proportion of overweight and obese children and adolescents a key goal; and

WHEREAS, supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity;

NOW, THEREFORE, THE CITY COUNCIL OF THE CITY OF BELL, CALIFORNIA, DOES HEREBY SUPPORT THE HEALTHY EATING ACTIVE LIVING (HEAL) CITY RESOLUTION.

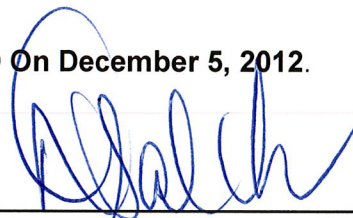
SECTION 1. BE IT FURTHER RESOLVED that Bell planners, engineers, park and recreation department, community economic and redevelopment personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas, should make every effort to: 1. Design neighborhoods to include amply sidewalks, safe crossings, adequate lighting, and traffic calming features that encourages people to walk. 2. Plan and construct a built environment that encourages walking, biking and other forms of physical activity. 3. Include health goals and policies related to physical activity in the general plan update and specific area plans.

SECTION 2. BE IT FURTHER RESOLVED that in order to promote wellness within the City of Bell, and to set an example for other businesses, Bell will make every effort to create a wellness policy that encourages: 1. Employees to walk to meetings and use stairways. 2. Accommodate breastfeeding employees upon their return to work. 3. Set nutrition standards for food offered at city events, city sponsored meetings, served at city facilities, city concessions, and city programs.

SECTION 3. BE IT FURTHER RESOLVED that the City of Bell planners, community economic personnel responsible for the design and of parks, neighborhoods, streets, and business areas, should make every effort to: 1. Increase the presence of grocery stores that sell affordable healthy foods in economically disadvantaged neighborhoods encouraging residents to purchase healthy foods. 2. Menu-labeling in non-chain and small-chain restaurants to sell healthier products (those not subject to the federal menu-labeling law) by providing resources such as nutritional analysis and assistance in the development of healthy menu item alternatives, and/or incentives for businesses such as inclusion in public recognition programs.

SECTION 4. BE IT FURTHER RESOLVED that the head of each affected agency or department should report back to the City Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the city council.

**PASSED, APPROVED AND ADOPTED On December 5, 2012.**



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Ali Saleh, Mayor

APPROVED AS TO FORM:



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David Aleshire, City Attorney

**CERTIFICATE OF ATTESTATION AND ORIGINALITY**

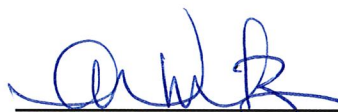
I, Rebecca Valdez, City Clerk of the City of Bell, hereby attest to and certify that the foregoing resolution is the original resolution adopted by the Bell City Council at its regular meeting held on the 5<sup>th</sup> day of December, 2012, by the following vote:

AYES: COUNCILMEMBER HARBER, QUINTANA, VALENCIA, MAYOR PRO-TEM ALVAREZ AND MAYOR SALEH

NOES: NONE

ABSENT: NONE

ABSTAIN: NONE



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Rebecca Valdez, CMC, City Clerk